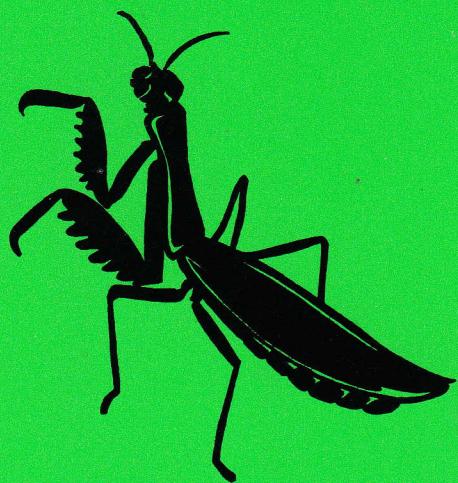


PRAYING  
MANTIS  
KUNG  
FU

螳螂拳



H. B. UN

阮浩斌

PRAYING MANTIS

KUNG FU

*by*

H. B. UN

PAUL H. CROMPTON LTD.  
638 Fulham Road, London S.W.6, England

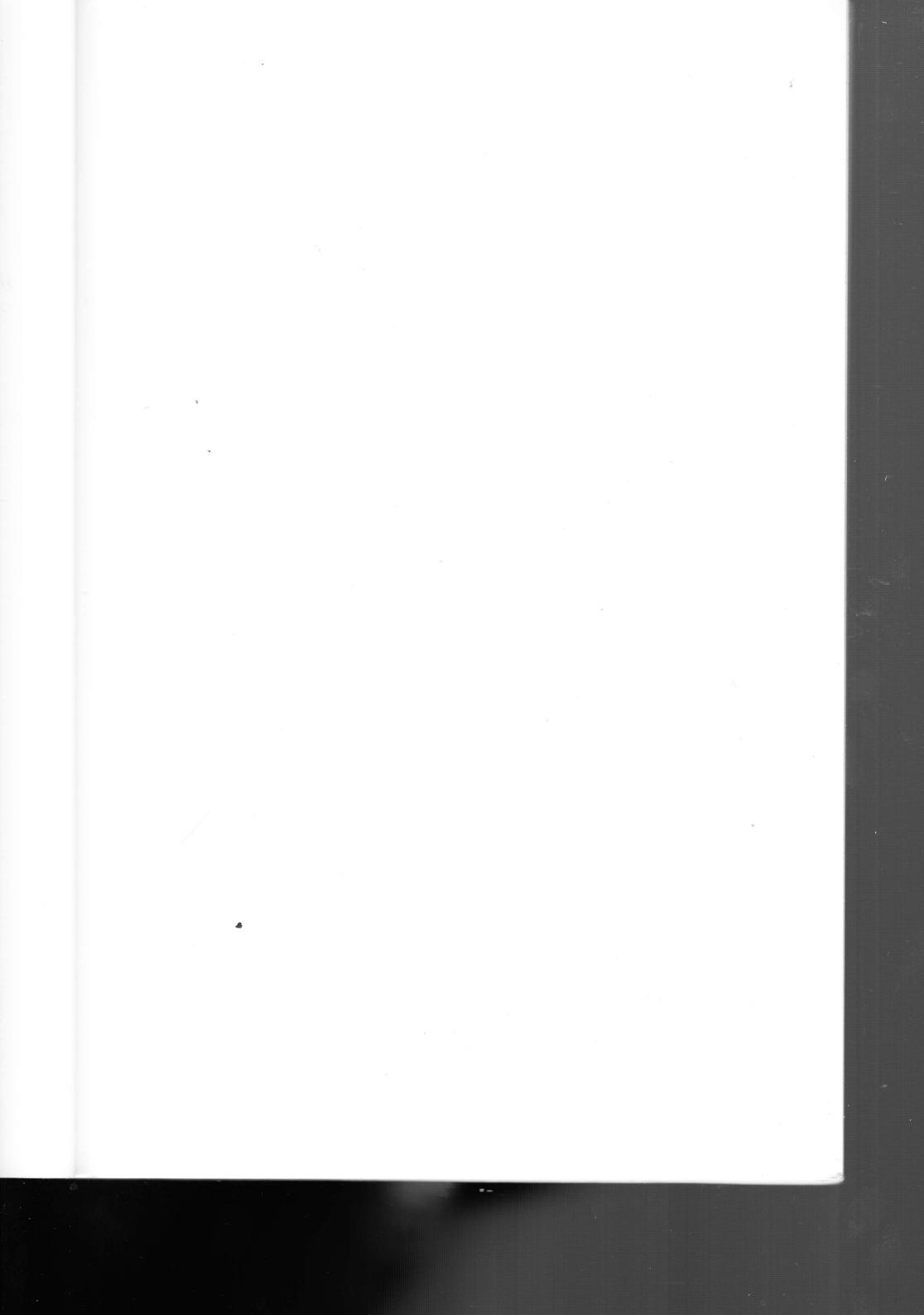
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長春警備司令。  
新一軍軍長潘裕昆將軍

GENERAL  
PAN YU KUN, C.B.  
Commander of the  
New First Army  
Military Governor in Hanoi  
(Second World War) and  
Cheong Chun in  
Manchuria

胡步齋出版紀念

國術之光  
潘祖昆題

“Splendour of Kung-Fu” by the Most Honourable General  
Pan Yu Kun, Commander of the Chinese New First Army,  
Companion of the Order of the Bath of the British Empire

CON

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## ABOUT THE AUTHOR

Mr. H. B. Un is a life long student of the Chinese Martial Arts which are generally called in the West: Kung Fu. He is also a teacher, and has a diploma of Arts from the Education Department of Hong Kong and a Degree in Theology from the Education Department of Hong Kong. In Hong Kong he was in charge of several large schools, one with 1500 students. When he was a child he suffered in common with many Chinese people from the effects of the Second World War. His health was impaired. He learned the Choy Lee Fat style of Kung Fu to try to improve his condition. Later he studied the Northern Praying Mantis style from the famous Master Wong Hon Fan 黃漢勛 one of the Sifu of the Hong Kong Ching Wu Athletic Association

香港精武體育會

After a long period he was deeply interested in Chinese Martial Arts and became one of the disciples of the Great Master Cheung Lai Chun 張禮泉

This Great Master was instructor of Kung Fu at the Chinese Wong Poe Military Academy. Master Cheung held eighteen Athletic Clubs in Canton under his control. Mr. Un is now the special reporter for the Chinese New Martial Hero magazine in England, Honourable Life Member of the Northern Praying Mantis style Hon Fun Athletic Association and Representative of the Hong Kong Pak Mei (White Eyebrow Style) Boxing Association in England.

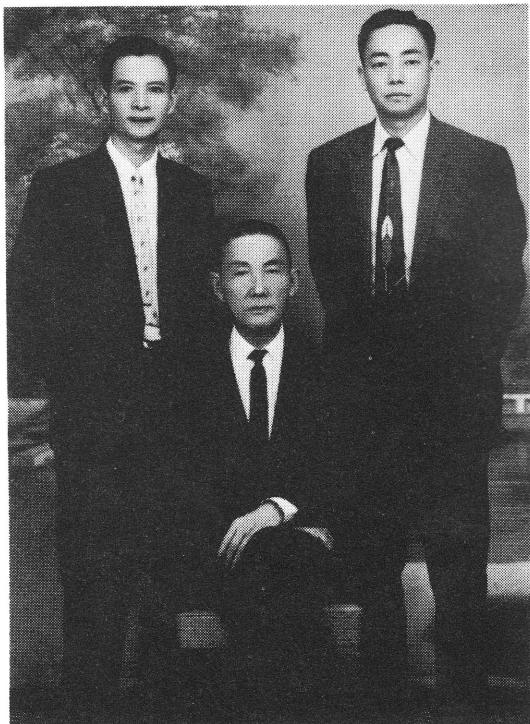
He refused to teach Kung Fu in the London Chinese Youth Club and the Overseas Chinese Student Service Centre sponsored by the Chinese Methodist Church in London. This is the usual attitude of Chinese Kung Fu Sifu. They do not want to reveal any martial arts personally, at all.



The author and the Great Master of Northern Praying Mantis style

Wong Hon Fan

北派螳螂宗師黃漢勛



The author and the Great Master of White Eyebrow style (Pak Mei)

Cheung Lai Chun

Mr. David K. Lee

白眉派宗師 張禮泉  
李羣亮



The author and his first disciple, Mr. John K. Y. Chan

陳啓鑑



# Historical Introduction

The Praying Mantis style of Kung Fu is considerably popular in many of the Northern Provinces of China, especially around the Yangtse and Hwang Ho (Yellow) rivers. About forty years ago, the Great Master Lor Kwang Yuk

羅光玉 the Chief instructor of the Shanghai Chin Wu Athletic Association introduced the art to Canton and Hong Kong.

The founder of the Praying Mantis style, Master Wong Long (17th century)

王朗 lived in his native Liu District of the Shantung Province. His family was one of the wealthy families of that region and for ten years of his childhood Wong studied a form of Kung Fu at the Hor Nan Shaolin Temple. During this time, the Ming Dynasty (1628-1644) was nearing its end, and China was to become the possession of the Manchurian conquerors.

With adequate protection, Wong Long and his colleagues travelled with their teacher (sifu) to the Sze Chuan Province. After living there for some time their sifu died. One of the senior students succeeded him. All of them would train every day but Wong never seemed to have the skill to gain the upper hand over the newly elected senior student. Even after three years of strict disciplined training Wong's skill was still inferior to that of the senior. After a friendly contest in which Wong was

defeated the senior encouraged him to continue studying to reach his aim. His aim was to develop a highly refined and effective method of Kung Fu.

One evening as Wong strolled in the Temple gardens he heard a vicious, repeated hissing sound from some bushes. On peering closely in the direction of the sound he saw a battle raging between a praying mantis insect and a grasshopper. Pretty soon, the mantis was studying the lifeless form of his adversary.

This amused Wong, and he was also struck by the methods of fighting used by the mantis. He pondered on these methods and recalled to himself the epic scene. The chisel like claws of the Praying Mantis gave him definite ideas. The repeated form of attack and defence employed by the insect set his thoughts whirring. It attacked and retreated methodically with long distance blows then close, accurate crushing techniques. This realisation sparked off in Wong the desire to explore more deeply into the Praying Mantis' ways. After much effort and patience he laid twelve principles down for attacking and defending. These were: 1. Au 2. Lou 3. To'al 4. Kua 5. Tia'l 6. Chin 7. Pang 8.Ta 9. Cher 10. Lien 11. Tieh 12. K'on.

He then mixed these principles with his strict selection of some effective techniques from seventeen other styles of Chinese Kung Fu. After another three years of training he experimented once again with the senior student and won with ease. The

senior student was amazed at Wong's methods and joined him to try to refine the methods further. They trained and studied together and many improvements were made. Some stances were taken from the Monkey style of Kung Fu. This was the real birth of a new style of Kung Fu - the Praying Mantis.

In 1747, about fifty years after the death of the Great Master Wong Long an Abbot by the name of Sheng Hsiao

升霄道人 came to the temple. He was by calling a Chinese surgeon and herbalist and he was taught the Praying Mantis Kung Fu. He happened in 1770 to drive off a band of robbers when they were pressing some security-type guards rather hard. A friendship with the guards developed and in particular with one guard called Lee Sam Chin

李三剪 Lee Sam Chin later became one of his students and stayed with him for ten years. In 1780 Lee returned to the security guard life and became well known for his Kung Fu skill. To many robbers and hooligans he was a source of fear and trembling, known as "Lightning Fist".

Twenty years later at the ripe age of sixty years he returned to Shantung Province where he met the National Kung Fu Champion, Wong Wing Shang.

王榮生 Wong, seeing that in terms of skills he stood nowhere near the elderly man, begged the latter to accept him as a student. After

much consideration Lee accepted him and passed on all he knew.

Wong Wing Shang, like the Great master Wong Long, came from a wealthy family and never taught the art at all, that is except to his disciple Fan Yook Tung

范 旭 東

in the later

years of his life. Fan was a giant of a man weighing some twenty stone. (280 lb.) He was well known for his skill of the "Iron Sand Palms", from which he gave, on one occasion, instant death to two charging bulls. In 1870 he defeated a foreign challenger.

In 1908-1910 a famous Kung Fu teacher Fok Yuen Kup and some others tried unsuccessfully to establish a Martial Hero Club in Shanghai. It was only successful some nine years later, and the Shanghai Chin Wu Athletic Association was formed. Representatives of this newly formed organisation were sent to Mr. Fan Yook Tung in the Shantung Province, with an invitation to be one of the Chief Kung Fu Instructors in the Association. This was politely turned down, partly due to old age (he was then 80 years old). But he sent one of his students instead. He was

Mr. Lor Kwang Yuk.

Mr. Lor Kwang Yuk served the Association for more than ten years during which many different kinds of Kung Fu were taught: Tai Chi, Eagle Claw, Chan Style, Praying Mantis, etc., etc.

In 1929, Mr. Ma Shing Kam

馬 成 鑑

who was

one of Mr. Lor's students won the first prize in the National Chinese Kung Fu tournament in Nanking.

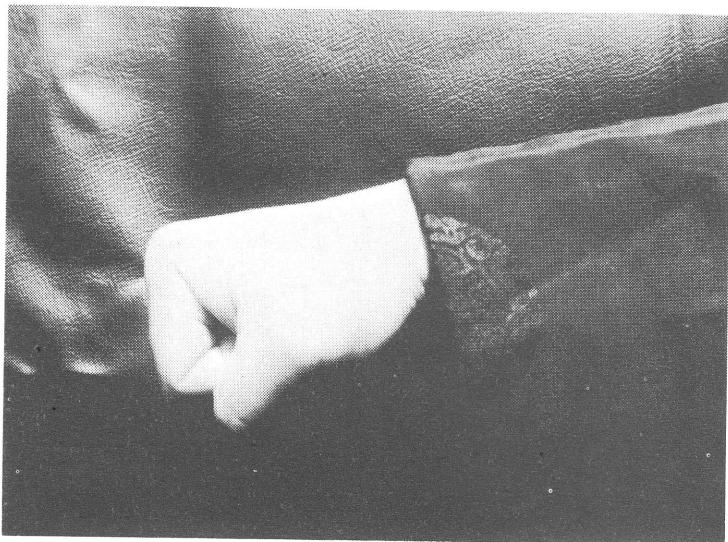
The Praying Mantis Style was spread even further when as a result of the Japanese Occupation in August 1937, Master Lor went to Hong Kong. From Hong Kong the art went south to places like Canton, Macau, Malaysia and Singapore. Chin Wu branches were set up in many south east Asian countries and Master Lor spent a good deal of his time instructing in these places. Mr. Wong Hon Fan was one of his students.

Mr. Wong Hon Fan who was then only eighteen years old was authorised by the Master Lor Kwang Yuk to start a Praying Mantis Kung Fu club in Macau. Later Master Wong became the chief instructor to the Dock Ling Amusement Club, Confucius College, Shung Gi Middle School, and the Hon Nan Chin Wu Athletic Club. He was also the Chief Instructor to the Armed Forces (Army) as he was himself a Lieutenant in the Army. This was in the midst of the war. He then returned to Hong Kong to be under the instruction of Master Lor again. After some time establishments like the Hon Nan Athletic Club, To Shook Middle School, Chung Nan Middle School, Sau Kin Wan Fisherman's Association, Hong Kong Athletic Club, Lai Chuan Athletic Club, came under the supervision of the Praying Mantis Style Kung Fu. After the Second World War he became the

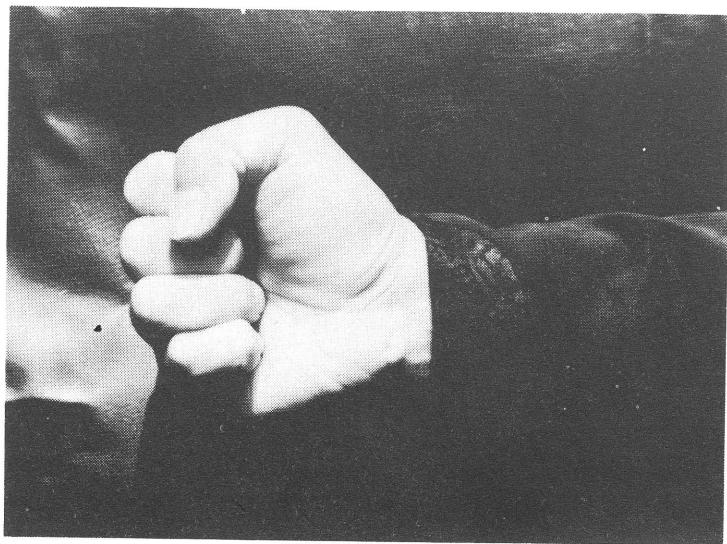
instructor of the Eastern Sports Club,  
Overseas Chinese Martial Arts Club and  
the Chit Tai Sports Association.

The idea of the "Hong Kong Committee of  
Kung Fu Instructors" was introduced by  
Master Wong. He retired in 1972 and the  
author is one of his personal students.

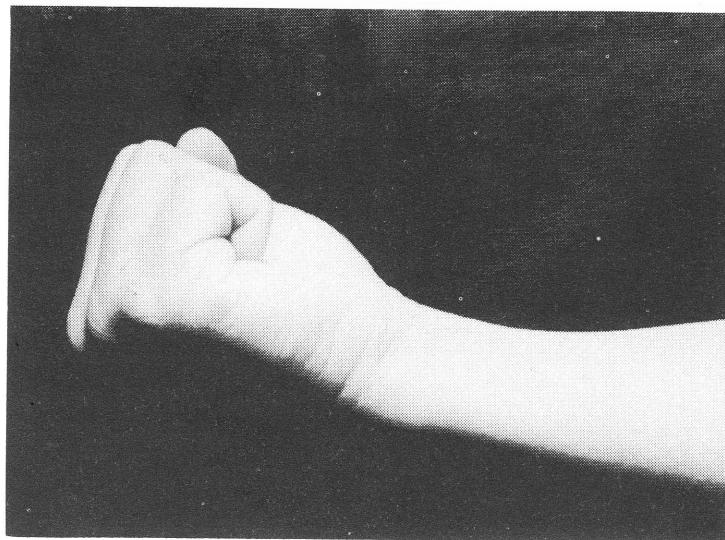
# **BASIC HAND POSITIONS**



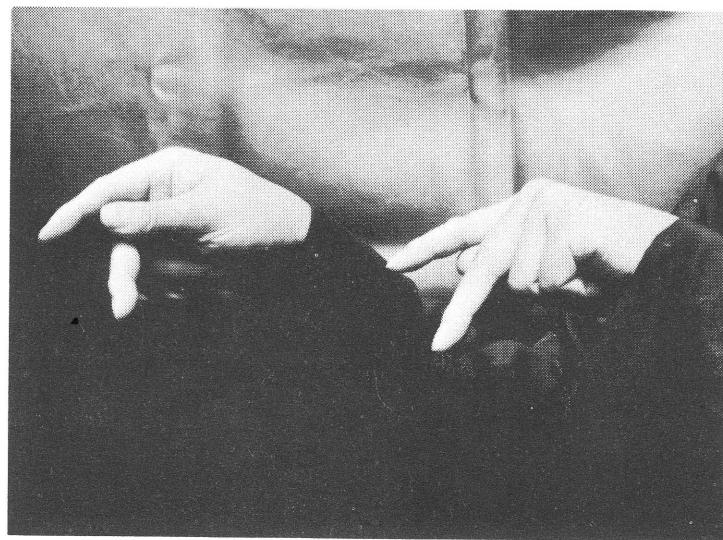
Flat Fist



Sun fist



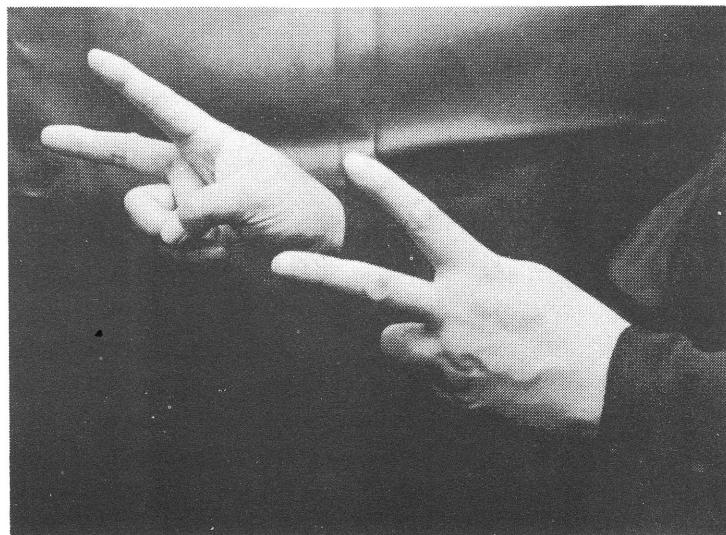
Flat fist



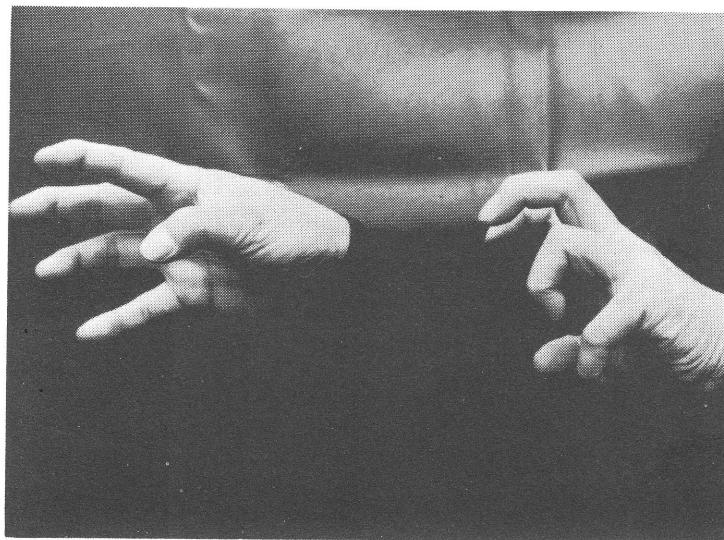
Mantis claw



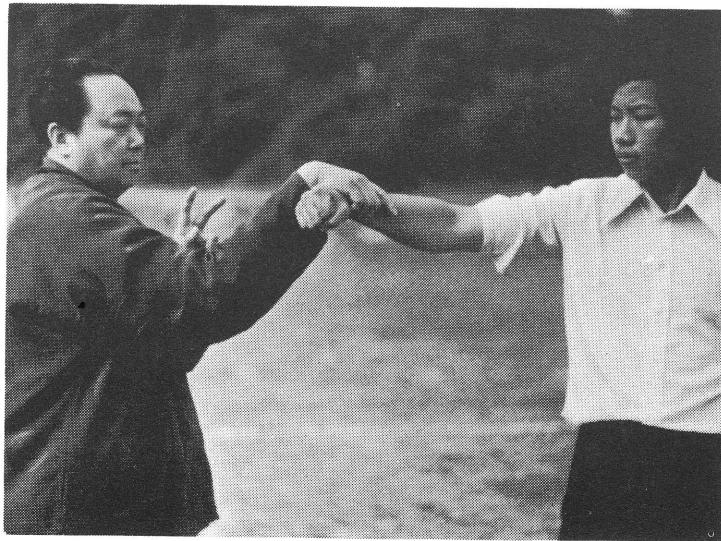
Willow shaped knife hand.



Two finger strike.



Short and Long Eagle claw.



Mantis claw grip.

# STANCES



Attention stance



Crane stance



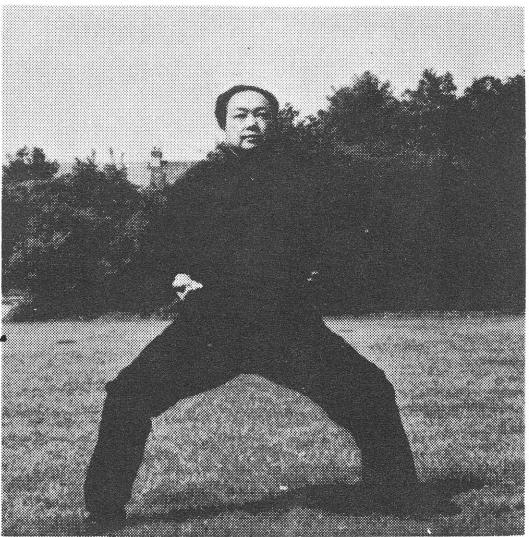
Cat stance



Kneeling stance



Women's stance



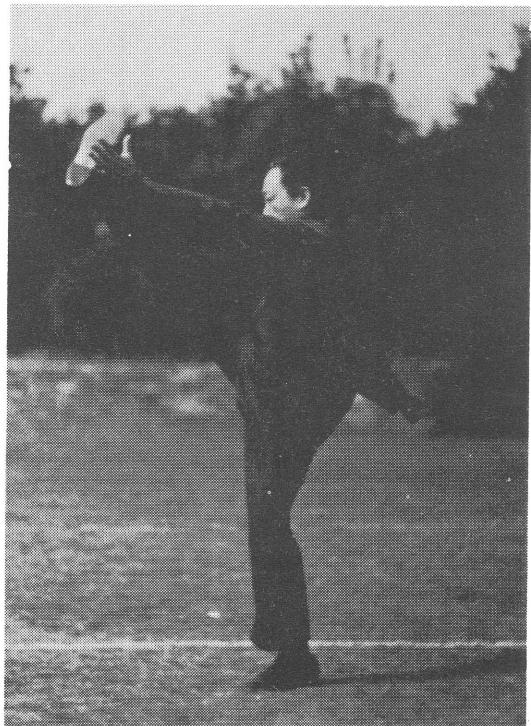
Horse stance



Seven star stance

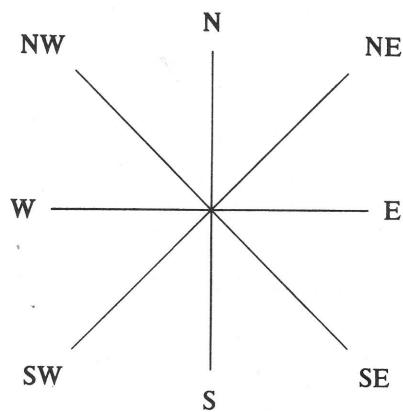


Climbing up mountain stance



Mr. Un shows high kick from another set or form of Praying Mantis, not shown here.  
These stances occur in the following set, form, or more familiarly to Karate, Judo and Aikido students, 'kata'.

## BASIC SET (KATA)

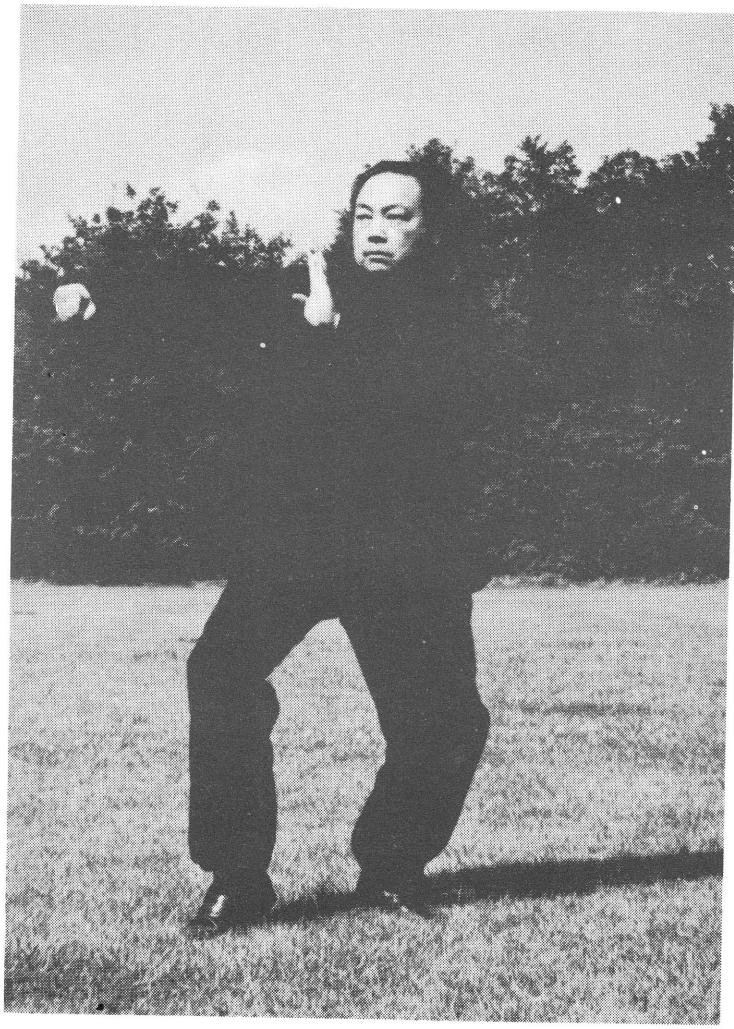


This basic set of the Northern Praying Mantis Style of Kung Fu is described referring to the above compass diagram. For instance, the first position can be described as the Attention Stance, head north, body east, mouth closed, body relaxed, hands palm up, fists clenched. Then follow a series of descriptions of movements into a further position, once again related to the points of the compass, and so on. This system has been tried on a beginner to Praying Mantis, and has been found to be adequate.



**Photo**

1. Body east, head north, mouth closed, body relaxed, fists clenched at waist, palm up, attention stance.



Photo

2. Body north east, head northeast by moving the left foot 135 degrees left and the right foot 45 degrees. Left hand open palm block to the face, right hand punch. Cat stance.



Photo

3. Body north. Right foot withdraws to its position in Fig 1, left foot in cat stance, hands adopt Mantis claw.

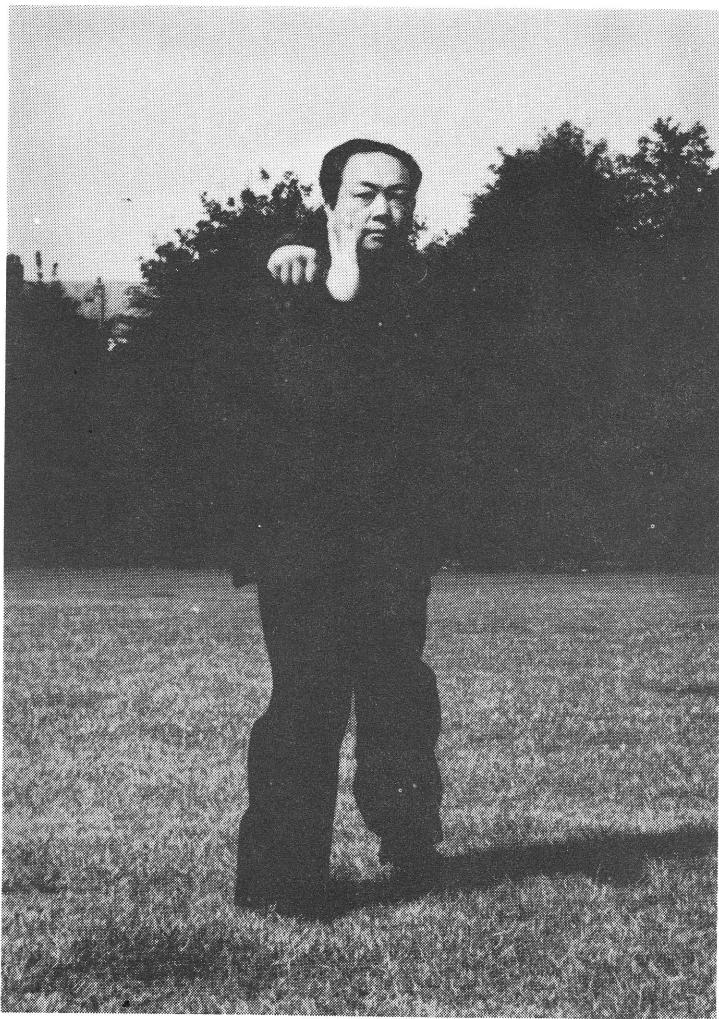


**Photo**

4. Body moves north, but it is turned to face east. The hands draw back to the hips, left hand palm up, right hand clenched fist palm up. Step forward quickly with the left foot, join up the right foot, and immediately move left foot forward ending in fig. 5.



Photo  
5. Open palm strike horizontally forward.



**Photo**

6. Body twists to face west but moves north. Step forward right foot, punch right fist, blocking simultaneously with open left palm to face. Climbing up the mountain stance.



**Photo**

7. Body faces north, advancing north. Right hand adopts tiger claw, jump forward on to left foot, striking upward with right knee, simultaneously punch with the left fist as you draw back the right tiger claw. The knee strike, the pull and the punch take place at the same time.



**Photo**

8. Body faces north, moves north. Right leg steps forward, sinking and bringing up the left leg behind it once it is in position. On reaching this position strike down with the right elbow on the palm of the left hand. Immediately follow this with . . .



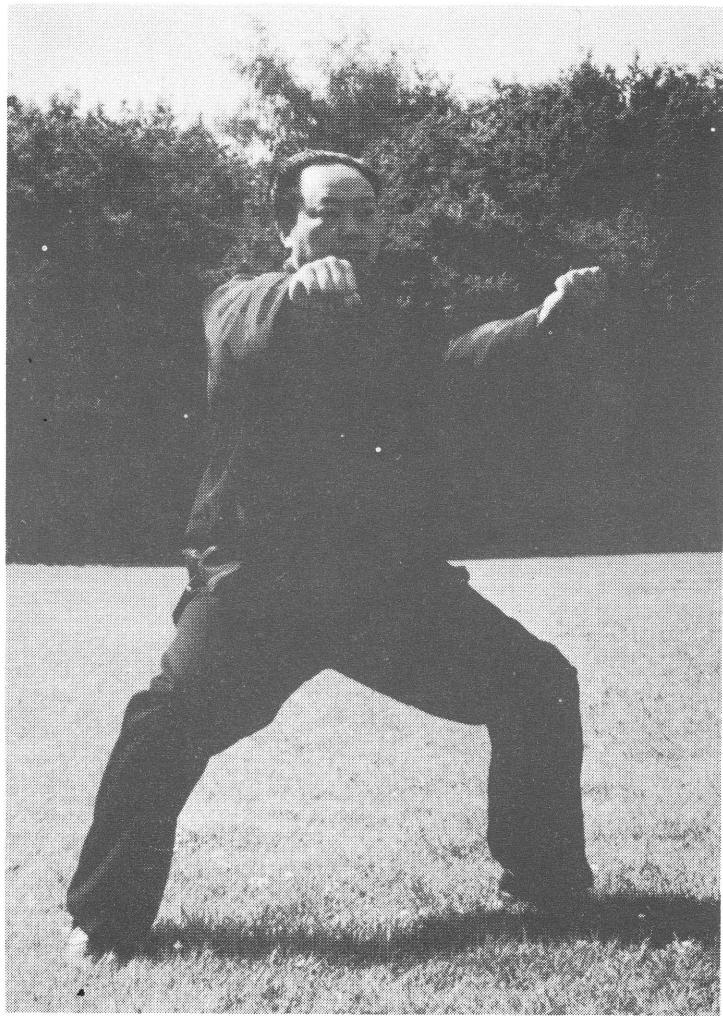
Photo

9. Body north. Still in kneeling stance. Eagle claw left hand, strike with the back of the fist with the right hand.



**Photo**

10. Body faces west, head looks south. Weight is taken on the left leg. At the same time strike back and up at groin or knee cap with ball of right foot. Both hands swing back into the positions shown.



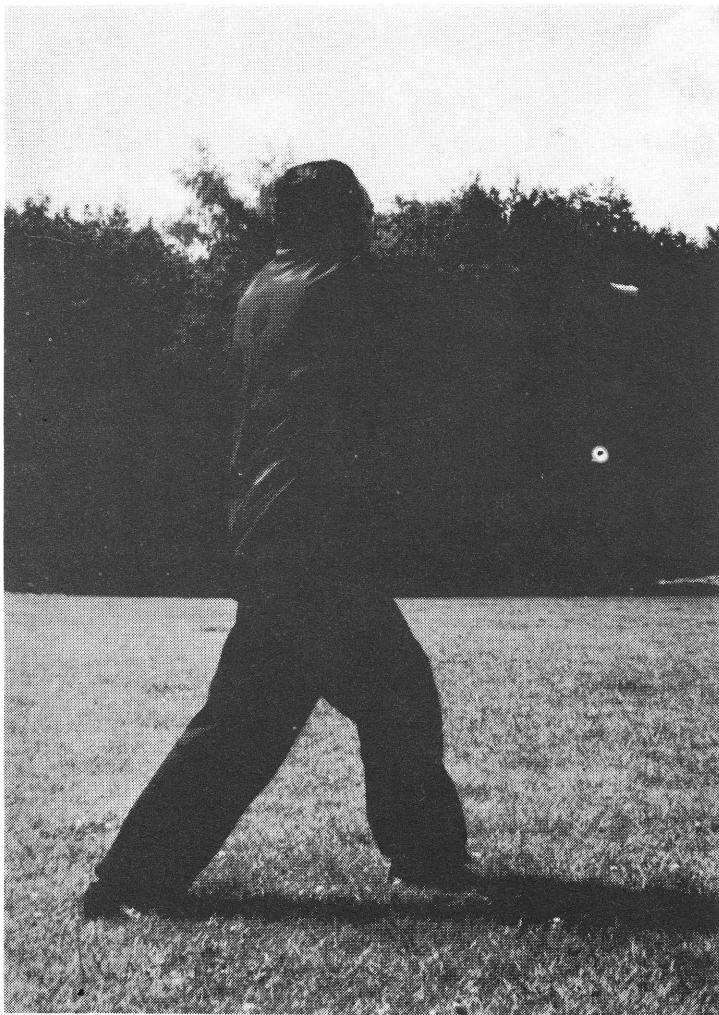
Photo

11. Body west. Head west. Both hands form eagle claw. Swing the shoulders to the west, feet going into horse stance, fists then clenching into right palm down and left palm up as the arms finish their swing.



**Photo**

12. Body south, head south. Turn right hip and foot in to 45 degrees. Left hand turns and grasps the right as it completes a downward strike, fist clenched. You are in the climbing up the mountain stance. Immediately move into . . .



Photo

13. Body south, head south, facing. Right hand adopts Mantis claw, left hand Eagle claw, then punch with right hand. Eagle claw is prepared for grabbing.



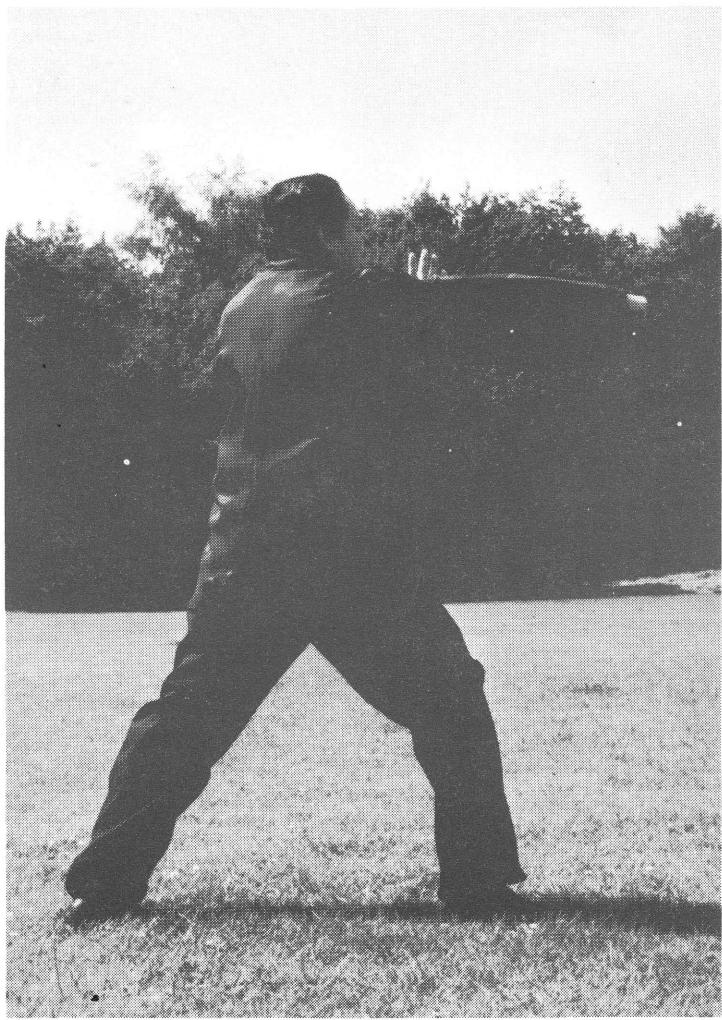
**Photo**

14. Body south, head south, facing. Step forward with right foot to left. Step forward with left foot into cat stance. Right hand grabs and pulls, whilst left hand punches up to the jaw.



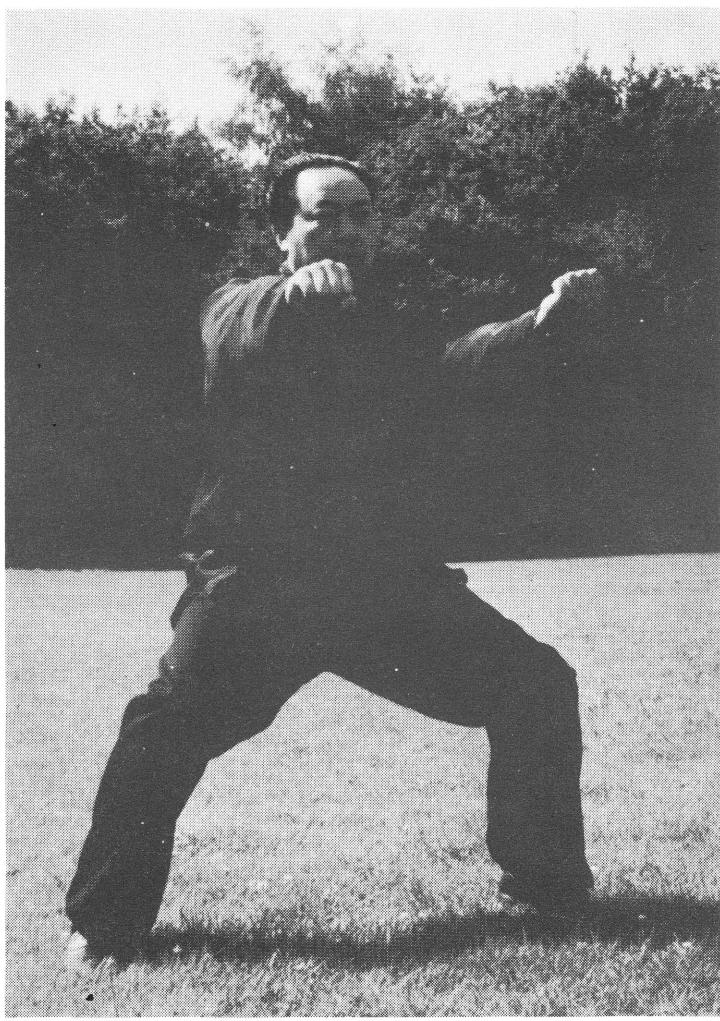
Photo

15. Body south, head south. Same move as in No. 5 but in opposite direction.



Photo

16. Body south, head south. Same move as No. 6 but in opposite direction.



Photo

17. Body west, head west. Draw back right foot into horse stance, Eagle claw both hands and swing into the position as in No. 11. Use is made of centrifugal force to swing the opponent into this direction.



Photo

18. Body south, head south. Twist the hips and feet 45 degrees. Left hand adopts Eagle claw, right hand chops forward to the ribs. climbing up the mountain stance.



Photo

19. Body west, head south west. Return to horse stance, right hand turning over into Eagle claw, left hand snapping punch using back of fist.



**Photo**

20. Body west, head south. Open hands, swing left hand back, and down into a hooking block (against a kick for instance), past the left thigh, left leg moving into crane stance, right hand open palm block to face.



Photo

21. Left hand forward block, across the body slightly. Same position and stance.



Photo

22. Body moves south, but faces south west, head facing south. Left foot down and forward, left hand swings to the left horizontally and back, blocking. Right foot steps forward with a downward clenched fist strike with right hand. Using bottom of clenched fist.



**Photo**

23. Body faces west, head south. Mantis claw with right hand, twist the body to the right and strike up with the left elbow.



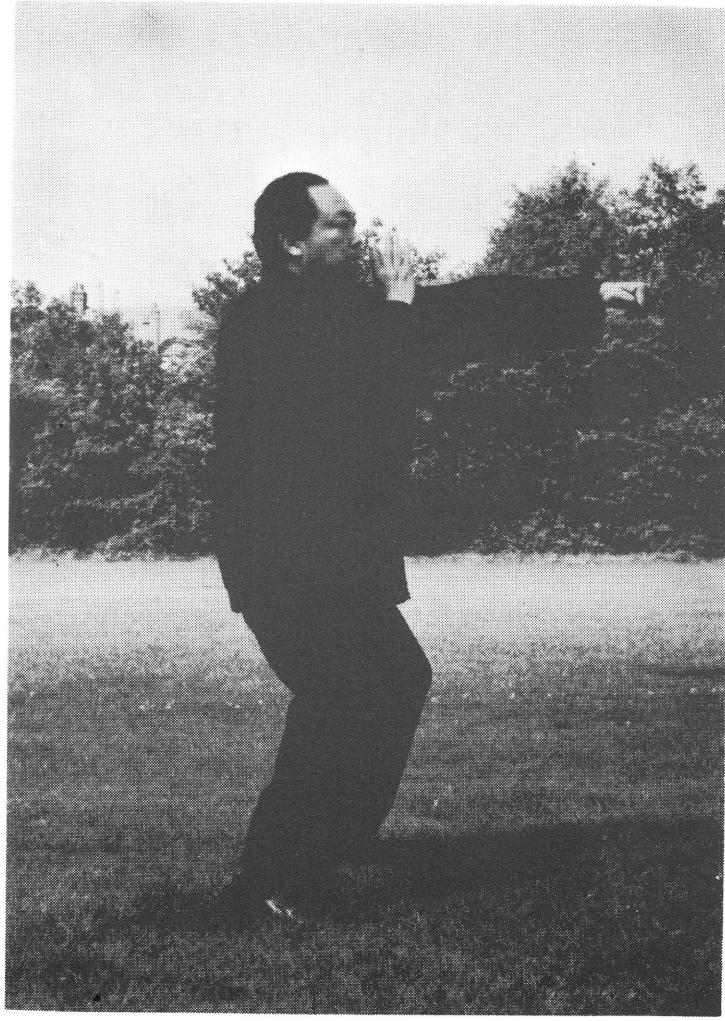
Photo

24. Body faces west, moves south, head south facing. Left leg steps south, elbow, the left, strikes sideways. Right hand draws back with Mantis claw.



Photo

25. Body twists south, head west, facing. Right hand strikes with open palm edge in westerly direction. Left hand draws back into Mantis claw.



Photo

26. Body west, head west. Right hand blocks open palm to face. Twist right into horse stance, left hand punches forward.



**Photo**

27. Body turns to face north east. Right hand Mantis claw position. Right heel turns in. Left hand swoops down towards the north and up inside then over the top of the right, as if pulling or drawing an opponent. The left leg gives a sweeping kick to coincide with the pulling action.



Photo

28. Body turns to face north west. Repeat No. 27 with opposite hands, using opposite legs, giving a right sweeping kick.



**Photo**

29. As No. 3, but jump 90 degrees in a crouching monkey-like posture, both hands Mantis claw. How this position is reached is very difficult to describe in words. Body faces north east.



Photo

30. Body north, head north. Left hand Mantis claw, pulling back, follow up with front kick with right leg, right hand two finger strike.



Photo

31. Body west. draw right leg into crane stance and hands slap together, right inside, left outside.



Photo

32. Body north west, head north. Step down with the right foot, into climbing mountain stance. Mantis claw left hand, push back left elbow, push forward the right hand in the Mantis claw.



Photo

33. Body west, head west. The left leg moves to the right leg. Temple punch with right hand fist, left hand blocking action slapping inside the right forearm.



Photo

34. Body west, head north west. Right hand chops down and back, and the right knee strikes up, left hand blocking to right side of face.



Photo

35. Same stance, head north. Right hand swings up and left hand descends to defend the ribs.



**Photo**

36. Body north west, head north. Left hand slips under and outside the right triceps muscles. Right hand slides along it and chops horizontally forward to the right, open palm. The right leg goes down in the same direction as the hand. Left hand drawn back into a fist.



Photo

37. Body north, head north, climbing mountain stance. Same stance, right hand rotates into an upward Eagle claw. Left hand pushes down and over the top of it and at the same time the Eagle claw closes into a fist, pulling slightly. This is a wrist twist with pressure from the right hand.



Photo

38. As No. 37, but left hand rotates into Eagle claw and right pushes wrist.



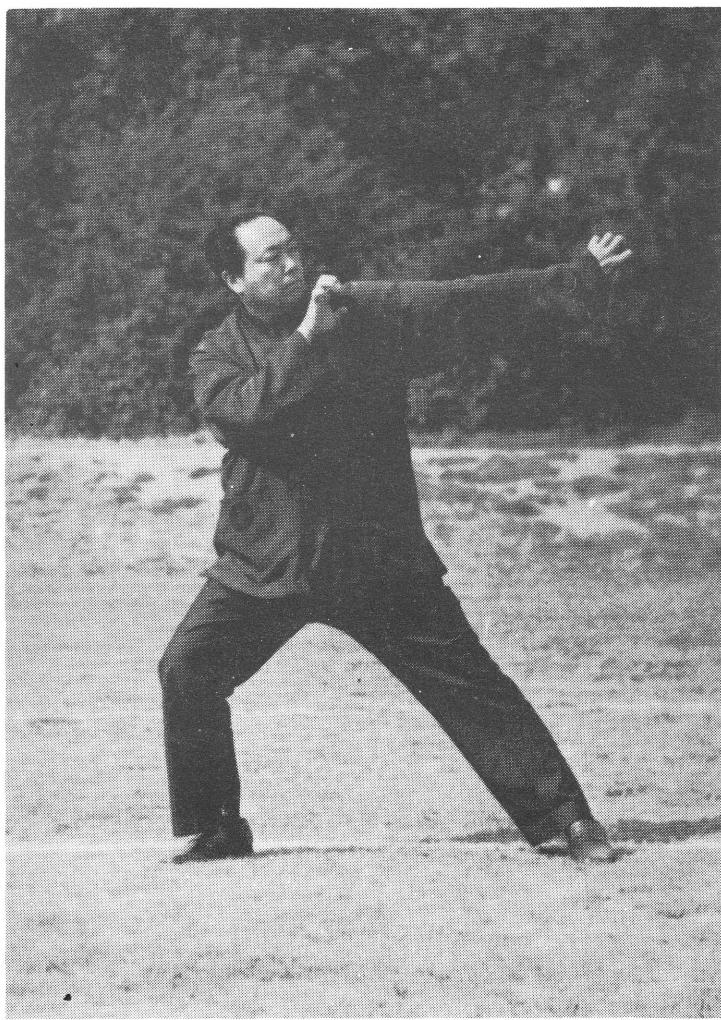
Photo

39. Stamp with right foot, body north, head north. Then turn the heel in 45 degrees, then step forward with the left foot. Both hands rotate as if around a ball and separate as the new position is reached. The left hand goes up into a block and the right travels down and up in a big circle, punching in the solar plexus. Palm up. Climbing up mountain stance.



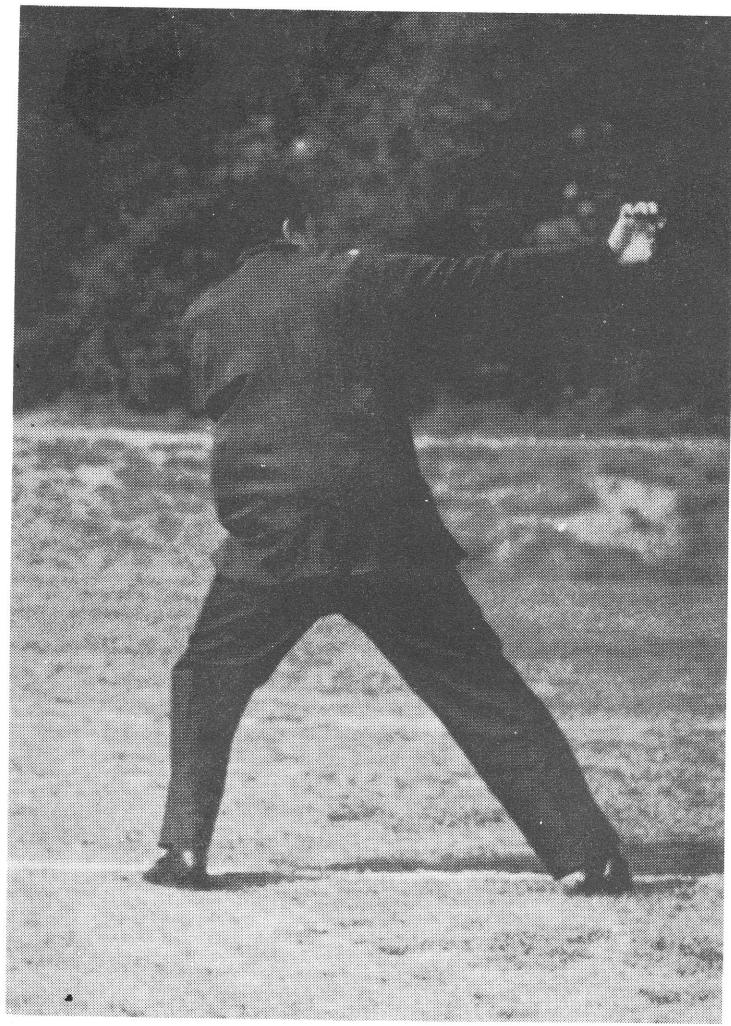
**Photo**

40. Body west, head north. Both hands open into Eagle claw. Turn both in a circle; at the last moment the left comes back and the right forward and rotating. At the same time the right foot moves forward, straight but most weight on left leg as shown.



Photo

41. Draw back the right foot to the left. Right arm bends at the elbow, turning in a circle ending in front of the face. The face turns to look south. The left hand shoots out into Mantis claw. Left foot steps south, body west, head south.



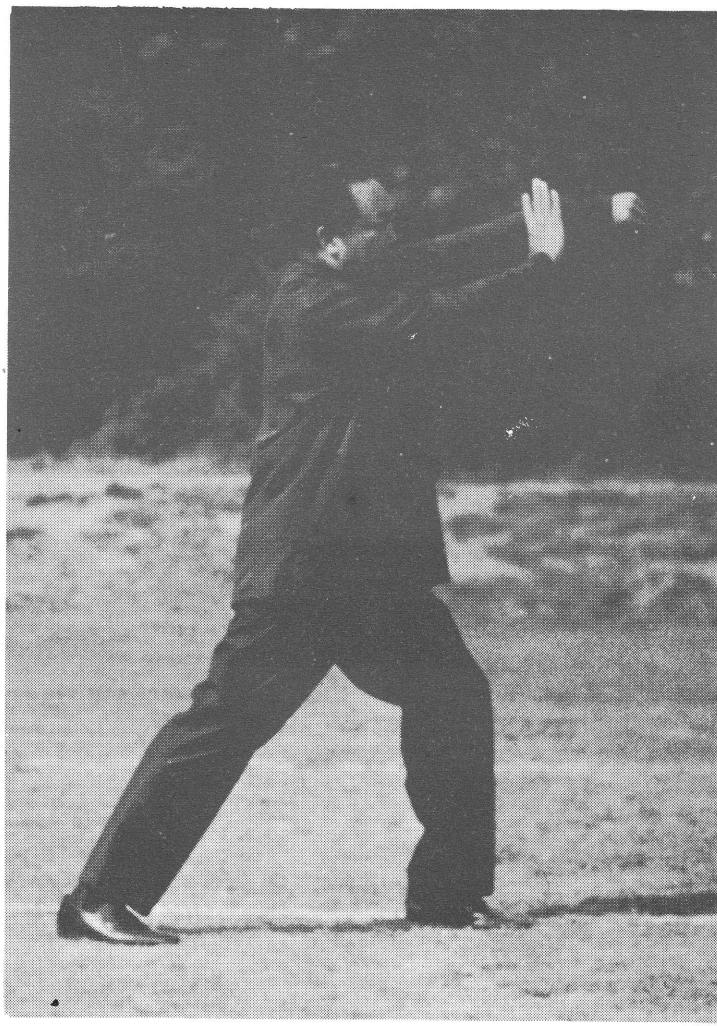
Photo

42. Right leg moves south in front of left. Most weight is on left leg. Body east, head south, hands in Eagle claw.



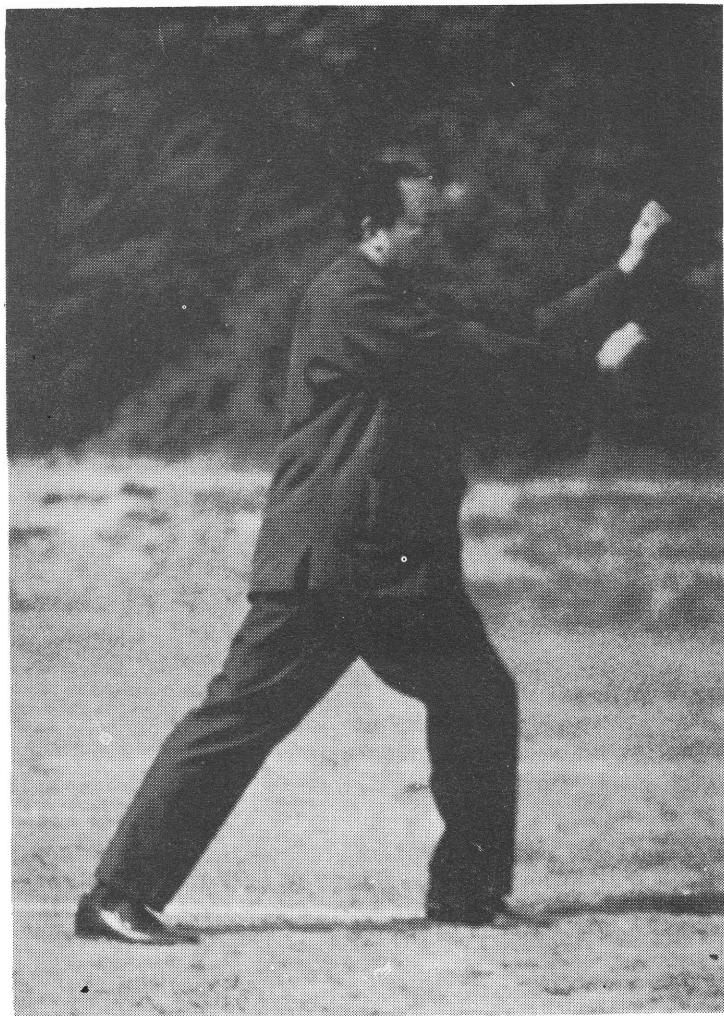
Photo

43. Left hand slides inside right. Right slides past it, then chops south to the ribs. Left hand draws back east, Eagle claw. Left leg steps and gives stamping kick, foot then resting on floor. Seven star stance. Body south, head south.



**Photo**

44. Left hand gives temple punch and right hand slaps left forearm. Small step forward into climbing up the mountain stance. Body south, head south.



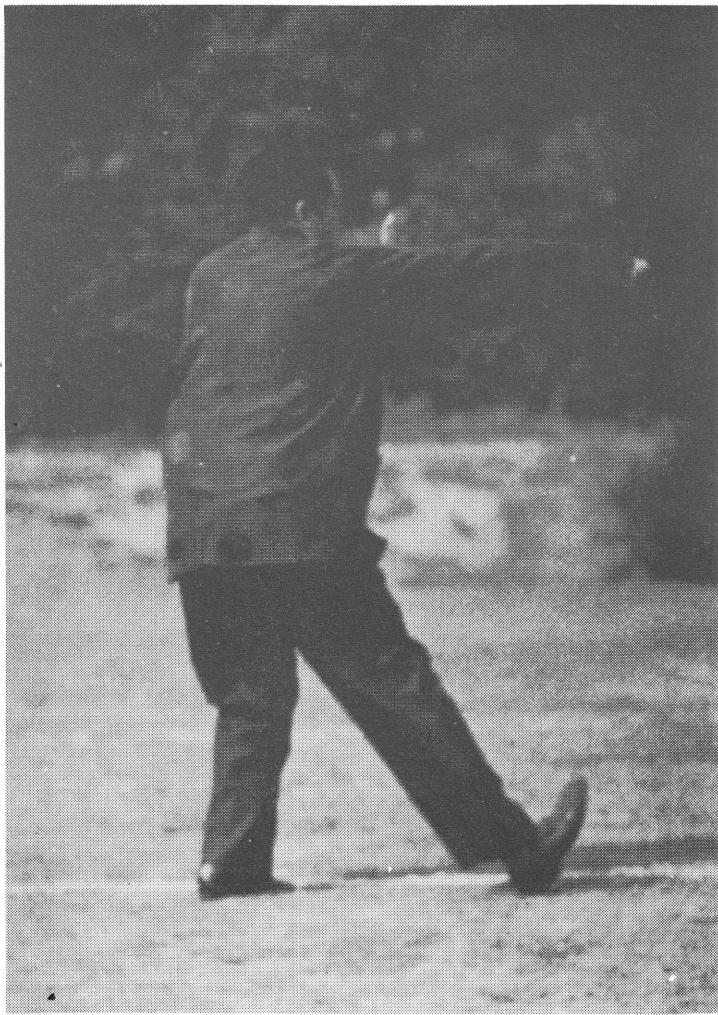
Photo

45. Right hand Eagle claw. Back fist over it with left hand. Same stance. Head south, body south.



Photo

46. Draw back rig'nt hand to waist, palm up, fist clenched. Left hand rotates into Mantis claw, palm down. Raise left foot on to heel. Most weight on right leg. Body south west, head south.



**Photo**

47. Step forward with the right foot, resting on the heel, weight mostly on the left leg. Punch with right hand on left palm (slapping action) left hand drawing back blocking punch to face. Body south east, head south.



Photo

48. Weight on to right leg, turning by way of the east, to north, with head; body faces north east. Hands turn into Mantis claw.

Termination of basic Set.

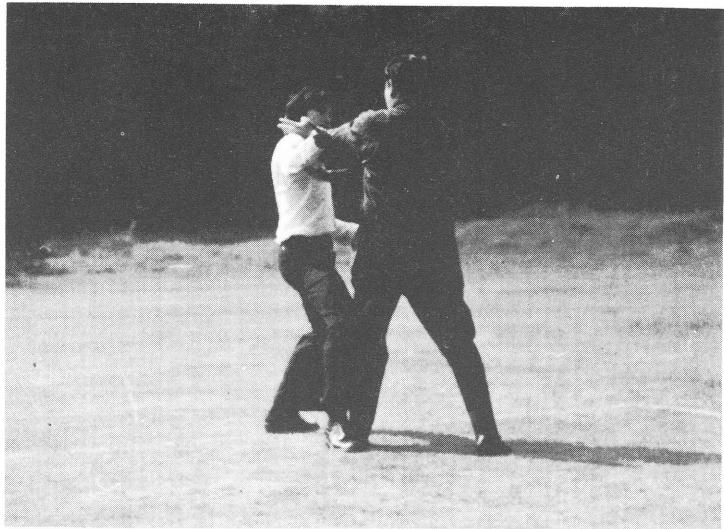


## Some examples of Praying Mantis techniques shown in the Set

Here follows a selection of Praying Mantis techniques. The static nature of the positions belie the lightning speed and lightness of movement of this style of Kung Fu. Refer also to the Set section for relating application to Set movements.



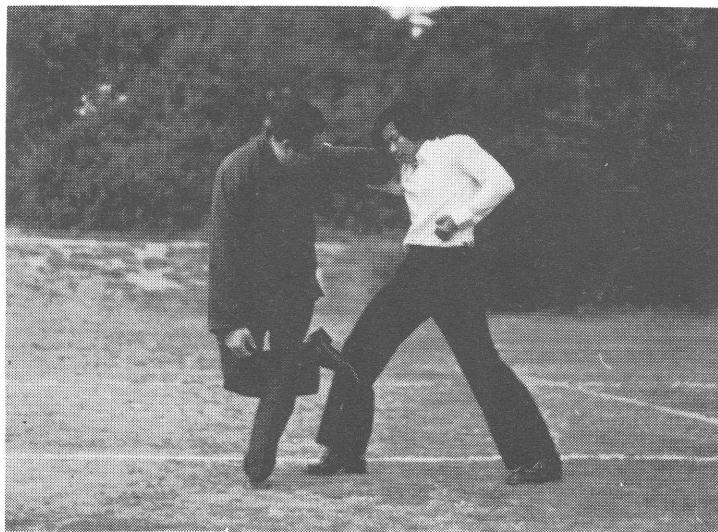
A. Technique: punch to face.



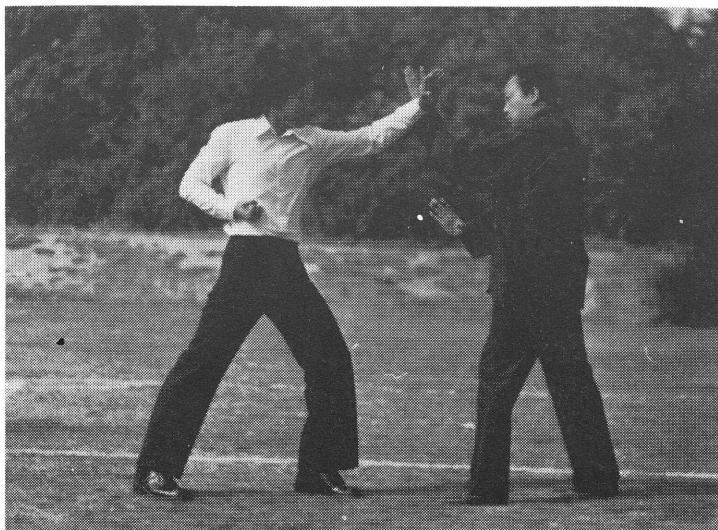
B. Pressing block with right hand, chop to neck with left.



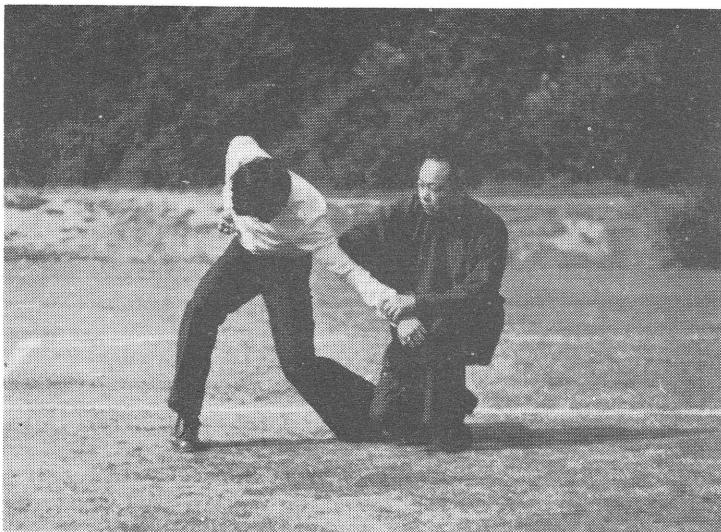
C. Punch from behind or side.



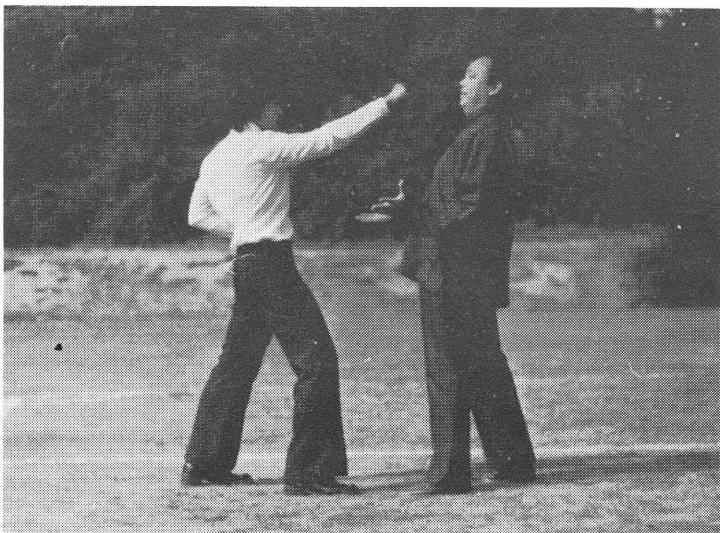
D. Turn, block, grab with left hand, kick up with ball of right foot at knee or groin, depending on position of attacker.



E. Chop at face.



F. Open palm block followed by wrist twist reinforced by elbow dropping into kneeling stance.



G. Punch to face.



H. Grasping block, using right hand, punch to ribs with left, knee strike up with right leg.



I. Attack with wrench, spanner, etc.



J. Grasping block with two hands, kick to groin.



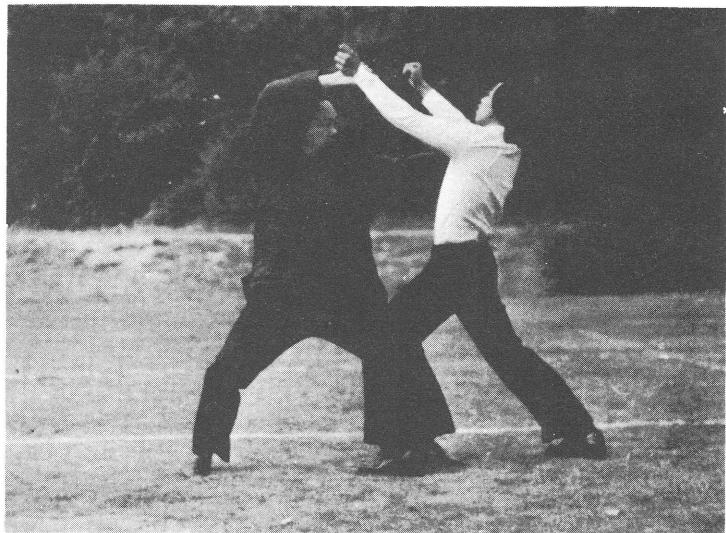
K. Knife thrust, direct.



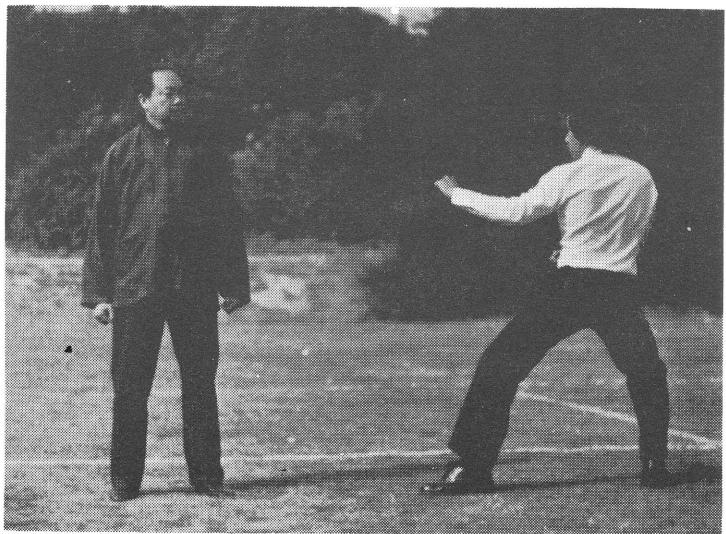
L. Open palm block to side, cat stance, and punch to pectoral. Note: left foot steps to left side.



M. Knife thrust, direct.



N. Upward grasping block, and upward punch to jaw.



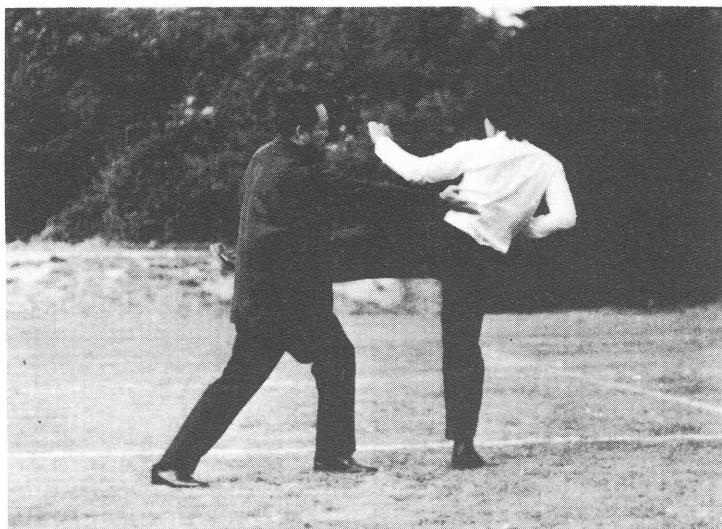
O. Punch attack.



P. Right hand down and left hand up. This technique, as can be seen in the Set, uses the forward momentum of the attacker to swing him round, ready for a follow up attack.



Q. Use of scooping left hand block and crane stance against a kick.



R. Followed by a chopping strike to the ribs.

By practising the Set and studying these application photographs some of the main points of the Praying Mantis Style of Kung Fu can be grasped. The formation of the Eagle claw and Mantis claw are very important. They are used seizing any part of the opponent's body. They are not just a grip but an actual claw, and care should be exercised in practising, and, it goes without saying, using them.



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